

Having described the invention, the following is claimed:

1. A bra to be worn by a woman during exercise, said bra comprising
 - a front portion which is designed to provide support for the woman's breasts,
 - a rear portion which is connected with the front portion and is designed to extend across a portion of the woman's back, said rear portion including at least one pocket,
 - first and second strap portions which are connected with said front and rear portions and are designed to extend across the woman's shoulders, and
 - a weight disposed in the pocket to provide resistance which must be overcome by the woman during exercise.
2. A bra as set forth in claim 1 further including a releasable fastener which secures said weight inside the pocket, said releasable fastener includes a first fastener portion connected to said weight and a second fastener portion which is disposed in the pocket and is connected to said rear portion of said bra, said first and second fastener portions being engageable to connect said weight to said rear portion of said bra with said weight in the pocket, said first and second fastener portions being separable to disconnect said weight from said rear portion of said bra.
3. A bra as set forth in claim 1 wherein said rear portion of said bra includes an outer panel which extends across a portion of the woman's back and an inner panel which extends along said outer panel and is disposed between said outer panel and the woman's back, said inner and outer panels cooperating to at least partially define the pocket.
4. A bra as set forth in claim 1 wherein said weight has a first size and the pocket has second size which is larger than the first size to enable said weight to be located at any one of a plurality of positions in the pocket, and a releasable fastener which secures said weight inside the pocket, said releasable fastener includes a first fastener portion connected to said weight and a second fastener portion which is disposed

in the pocket and is connected to said rear portion of said bra, said first fastener portion being engageable with said second fastener portion when said weight is in any one of a plurality of locations in the pocket to connect said weight to said rear portion of said bra at a selected one of the plurality of locations.

5. A bra as set forth in claim 1 wherein said rear portion of said bra includes an upper edge portion which extends between said first and second strap portions, a lower edge portion which extends between opposite edge portions of said front portion, and an opening which extends between said upper and lower edge portions and provides access to the pocket, the opening extends between a central portion of said upper edge portion and a central portion of said lower edge portion and the pocket extends in opposite directions from the opening.

6. A bra as set forth in claim 1 further including a second weight disposed in a second pocket in said front portion of said bra.

7. A bra as set forth in claim 1 wherein said front portion of said bra includes an upper edge portion which extends between said first and second strap portions, a lower edge portion which extends between opposite edge portions of said rear portion, a first side portion which extends between said upper and lower edge portions and which overlies and is designed to provide support for a first one of the woman's breasts, a second side portion which extends between said upper and lower edge portions and which overlies and is designed to provide support for a second one of the woman's breasts, a second pocket disposed in the first side portion, a third pocket disposed in the second side portion, and a second weight disposed in said second pocket, and a third weight disposed in said third pocket.

8. A bra as set forth in claim 7 further including a closure device interconnecting the first and second side portions to facilitate putting on and taking off of the bra.

9. A bra as set forth in claim 7 further including a first releasable fastener which secures said second weight inside the second pocket, said first releasable fastener includes a first fastener portion connected to said second weight and a second fastener portion which is disposed inside the second pocket and is connected to said first side portion, and a second releasable fastener which secures said third weight inside said third pocket, said second releasable fastener includes a third fastener portion connected to said weight and a fourth fastener portion which is disposed inside the third pocket and is connected to said second side portion, said first and second fastener portions being engageable to connect said second weight to said first side portion of said bra with said second weight in the second pocket, said first and second fastener portions being separable to disconnect said second weight from said first side portion of said bra, said third and fourth fastener portions being engageable to connect said third weight to said second side portion of said bra with said third weight in the third pocket, said third and fourth fastener portions being separable to disconnect said third weight from said second side portion of said bra.

10. A bra as set forth in claim 1 further including a second weight disposed in said pocket, said weights being interconnected by a releasable fastener, said releasable fastener includes a first fastener portion connected to one of said weights and a second fastener portion connected to another of said weights, said first and second fastener portions being engageable to interconnect said weights, said first and second fastener portions being separable to disconnect said weights.

11. A bra as set forth in claim 1 wherein includes band which is designed to firmly grip the woman's torso and a pair of cup portions which are designed to at least partially enclose the woman's breasts, said cup portions being disposed between said band and said straps.

12. A bra as set forth in claim 1 further including a cold pack disposed in the pocket.

13. A bra as set forth in claim 1 further including a cold pack, a first releasable fastener which secures said weight inside the pocket, and a second releasable fastener which secures said cold pack inside the pocket, said first releasable fastener includes a first fastener portion connected to said weight and a second fastener portion which is disposed in the pocket and is connected to said rear portion of said bra, said first and second fastener portions being engageable to connect said weight to said rear portion of said bra, said first and second fastener portions being separable to disconnect said weight from said rear portion of said bra, said second releasable fastener includes a third fastener portion connected to said cold pack and a fourth fastener portion which is disposed in the pocket and is connected to said rear portion of said bra, said third and fourth fastener portions being engageable to connect said cold pack to said rear portion of said bra, said third and fourth fastener portions being separable to disconnect said cold pack from said rear portion of said bra.

14. A bra to be worn by a woman during exercise, said bra comprising
a front portion which is designed to provide support for a woman's
breasts,
a rear portion which is connected with the front portion and is designed to
extend across a portion of the woman's back,
at least one of said front and rear portions including at least a portion of at
least one pocket,
first and second strap portions which are connected with said front and
rear portions and are designed to extend across the woman's shoulders,
a weight disposed in the pocket to provide resistance which must be
overcome by the woman during exercise, and
a releasable fastener which secures said weight inside the pocket, said
releasable fastener includes a first fastener portion connected to said weight and a second
fastener portion disposed in the pocket and connected to at least one of said front and rear
portions of said bra, said first and second fastener portions being engageable to connect
said weight to said bra with said weight in the pocket, said first and second fastener
portions being separable to disconnect said weight from said bra.

15. A bra as set forth in claim 14 wherein said rear portion of said bra includes at least a portion of the pocket.

16. A bra as set forth in claim 14 wherein said front portion of said bra includes at least a portion of the pocket.

17. A bra as set forth in claim 14 wherein said rear portion of said bra includes an outer panel which extends across a portion of the woman's back and an inner panel which extends along the outer panel and is disposed between said outer panel and the woman's back, said inner and outer panels cooperating to at least partially define the pocket.

18. A bra as set forth in claim 14 wherein said front portion of said bra includes an outer panel which extends across at least a portion of the woman's breasts and an inner panel which extends along the outer panel and is disposed between said outer panel and at least a portion of the woman's breasts, said inner and outer panels cooperating to at least partially define the pocket.

19. A bra as set forth in claim 14 wherein said weight has a first size and the pocket has a second size which is larger than the first size to enable said weight to be located at any one of a plurality of positions in the pocket, said first fastener portion being engageable with said second fastener portion when said weight is in any one of a plurality of locations in the pocket to connect said weight to said bra at a selected one of the plurality of locations.

20. A bra to be worn by a woman during exercise, said bra comprising
a front portion which is designed to provide support for a woman's breasts,
a rear portion which is connected with the front portion and is designed to extend across the woman's back,

at least one of said front and rear portions including at least a portion of at least one pocket,

first and second strap portions which are connected with said front and rear portions and are designed to extend across the woman's shoulders,

a plurality of weights which are disposed in the pocket to provide resistance which must be overcome by the woman during exercise,

a plurality of first fastener portions each of which is connected to one of said weights of said plurality of weights,

a second fastener portion disposed in the pocket and connected to said bra, said first and second fastener portions being engageable to connect said plurality of weights to said bra with said plurality of weights in the pocket, said first and second fastener portions being separable to disconnect said plurality of weights from said bra.

21. A bra as set forth in claim 20 wherein said second fastener portion includes a plurality of sections which are connected to said bra, each of said weights of said plurality of weights being connectable with any one of said sections of said second fastener portion.

22. A bra as set forth in claim 20 wherein said second fastener portion includes a section which is connected to said bra, each of said weights of said plurality of weights being connectable with said section of said fastener portion.

23. A bra as set forth in claim 20 wherein said rear portion of said bra includes at least a portion of the pocket.

24. A bra as set forth in claim 20 wherein said front portion of said bra includes at least a portion of the pocket.

25. A bra as set forth in claim 20 wherein each fastener portion of said plurality of first fastener portions is connectable with said second fastener portion at a

plurality of different locations to enable each of said weights to be positioned at a selected one of the plurality of different locations.

26. A bra as set forth in claim 20 further including a third fastener portion connected to a first one of said weights of said plurality of weights, said first fastener portion connected to a second one of said weights of said plurality of weights being engageable with said third fastener portion connected to said first one of said weights to interconnect said first and second weights.